

connection

SERVING RESIDENTS OF NORTH CLACKAMAS COUNTY



**MARCH FOR
MEALS
FUNDRAISER**
PAGES 6-7

**WOODEN TULIP
FESTIVAL & OTHER
TRAVEL TRIPS**
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ROASTED CARROT
RECIPE**
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CENTER SUPERVISOR'S MESSAGE

As I sit here at my warm desk on a rainy January day, I am contemplating the important work ahead of us in these next few months. March for Meals is the Nutrition Program's most important fundraiser with an annual goal of over \$20,000. Starting this year, MCC Foundation will help run this fundraiser to streamline our resources, with all proceeds going directly to the Nutrition Program.



The number of Meals on Wheels clients increased over 50% during the early days of Covid, and has remained historically high. This increase, along with rising food costs has put real pressure on the staff, volunteers, and budget. I have heard questions on whether we should limit the number of people who receive meals and my answer is NO. We will continue to find ways to feed vulnerable elders in need, and are grateful to the community for supporting this essential work.

I would like to give special recognition to our dedicated Meals on Wheels drivers who show up regardless of rain, snow or blustery winds. Many of these volunteers have been with us for 5, 10, or 15 years after getting hooked on the joy that comes with seeing the faces of clients while delivering a meal. I am truly grateful to be part of the Meals on Wheels team, and urge everyone in the community to help out. With your support, we can be sure that everyone that needs this service receives it.

Marty Hanley, Center Supervisor
(503) 794-8058 | martyh@ncprd.com

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YOUR CONNECTION

The Milwaukie Community Center Connection is a magazine-format newsletter produced six times a year, and is your resource for up-to-date activities, programs and events. The newsletter is printed and distributed at the Center and shared online at ncprd.com/mcc-connection. If you would like to submit story ideas or recommendations on how we can further improve the newsletter, email us at milwaukiecenter@ncprd.com.

ABOUT THE MILWAUKIE COMMUNITY CENTER

The Milwaukie Community Center opened in January 1980 as a resource for community members seeking stability, support and friendship. Operated by North Clackamas Parks and Recreation District, the Center offers a wide range of senior-focused resources, social services, and recreational and enrichment programs for all ages. To find out if you are eligible for in-district rates, visit ncprd.com.

NON-DISCRIMINATION POLICY

Consistent with the policy of Clackamas County, the Milwaukie Community Center is committed to compliance with all state and federal non-discrimination directives, including Title VI of the Civil Rights Act of 1964 and the Americans with Disabilities Act Title II.

DIRECTORY

MAIN NUMBER (503) 653-8100

CENTER SUPERVISOR

Marty Hanley (503) 794-8058

FRONT DESK

Maria Lopez (503) 794-8067

SOCIAL SERVICES

Linda Whitmore (503) 794-8037

Jamie Davie (503) 794-8040

MEALS ON WHEELS

Lisa Kasubuchi (503) 794-8035

Judy Wellington,
Frank Cuccurullo,
Courtney Johnson

RECREATION

Tina Johnson (503) 794-8092

Pam Martin, Jan Pearlman

FACILITY RENTALS

Rachelle Bonsi (503) 794-8013

FOUNDATION OFFICE

Junia Stephens (503) 794-8043

TRANSPORTATION

Anna Hernandez (503) 794-8014

Paul Baker, Mysti Trujillo,
Kevin O'Hollearn, Kelly Kim

VOLUNTEER COORDINATOR

Stan Catherman (503) 794-8034

5440 S.E. KELLOGG CREEK DRIVE

MILWAUKIE, OR 97222

MONDAY-FRIDAY, 8 A.M.-4 P.M.

PHONE: (503) 653-8100

FAX: (503) 794-8016

MILWAUKIE COMMUNITY CENTER ADVISORY BOARD

The advisory board meets the second Friday of each month at 9:30 a.m. The public is welcome to attend.

MEMBERS

Marilyn Shrum, Chair
Wilda Parks, Vice Chair
Ben Horner-Johnson, Secretary
Joel Bergman
Kim Buchholz
Julie Donohue
Mark Elliott
Paul Ellison
Rebecca Hollenbeck
Virginia Seitz
Jessica Wright

MILWAUKIE COMMUNITY CENTER FOUNDATION

The full MCCF Board meets the third Wednesday of the month at 9:30 a.m. If you wish to attend, contact Junia Stephens, (503) 794-8043.

MEMBERS

Angela Wright, Chair
Kerry Nelson, Vice Chair
Tomma Bersie, Secretary
Jacklyn Olive, Treasurer
Scott Barbur, Past Chair
Tina Botcheos
Lin Brockman
Jeanne Brown
Betty Dominguez
Joseph Hyder
Kathleen Loeffl
Kendel White
Penny Zeller
Junia Stephens, *Foundation Director*

***Thanks to MCC Foundation for the printing of
this publication.***

HABLAMOS ESPAÑOL

El Milwaukie Community Center abrió en enero de 1980 como un recurso para los miembros de la comunidad que buscan estabilidad, apoyo, amistad y risas. El Centro ofrece una amplia gama de programas y servicios para satisfacer las diversas necesidades de la comunidad. Ofrecemos servicios sociales, recursos y clases para todas las edades. ¿Necesita espacio para su próximo evento? El Centro de Milwaukie tiene espacio para rentar. Maria López está disponible para más información a (503) 794-8067 de lunes a viernes a 8 a.m.-1:30 p.m.

PHOTO POLICY

NCPRD and the Milwaukie Community Center reserve the right to photograph classes, programs, events and participants at any of our facilities and parks or any sponsored activity. If you do not wish to be photographed or would like a photo of yourself to be discontinued from use, please notify staff.

GREETINGS FROM THE FOUNDATION DEVELOPMENT OFFICE

As Spring approaches, I always enjoy the experience of fresh new beginnings. This year we at the Foundation are also looking forward to a fresh new approach to our fundraising and community support.

First let me once again say a heartfelt THANK YOU to all of you who participated in our Annual Appeal. Please know that we are more than happy to continue to take donations as this campaign lasts through our fiscal year ending in June. If you haven't had a chance to donate yet, we welcome your support! YOU helping us raise funds allows US to continue to support the many good works and programs at the Center!



We are excited to be taking the lead in the March for Meals fundraising campaign. This campaign is one month of the year that concentrates on the support for the Center's Meals on Wheels program. Donations received help close the funding gap that exists between federal reimbursement (\$3 per meal) and the cost of getting that meal out the door (\$7+). Rising grocery costs are also a significant factor in this program being underfunded.

There are several ways for you to support March for Meals, including making a donation. Please see pages 6-7 on ways to support this essential program, so no senior goes hungry. Bob's Red Mill will match your donation dollar for dollar for up to \$10,000! When you donate \$100, it magically turns into \$200 to double your support!

Another March event to look forward to is our Annual Housing and Senior Services Fair – Thursday, March 9 from 10 a.m. to noon. Valuable information for seniors navigating a wide range of topics will be available from over 40 companies with an onsite representative who may answer questions or schedule a tour, visit or appointment. This event is FREE and you'll learn much more than you even thought you needed to know!!

Please also save the date for the 34th Annual Wine and Roses Italian Dinner – Saturday, May 6, 5-8 p.m. Watch this space for announcements and additions to this delicious and fun event!

Enjoy the daffodils, tulips and scent of blossoms wafting through the air! Thank you as always for being a part of the Foundation's goal of helping others!

Warmest wishes,

Junia Stephens
MCC Foundation Director
(503) 794-8043
junia@MilwaukieCCFoundation.org



**DON'T MISS THE HOUSING AND SENIOR SERVICES FAIR
ON MARCH 9, FROM 10AM-NOON.** More info on page 18.

around the center



LUNAR NEW YEAR

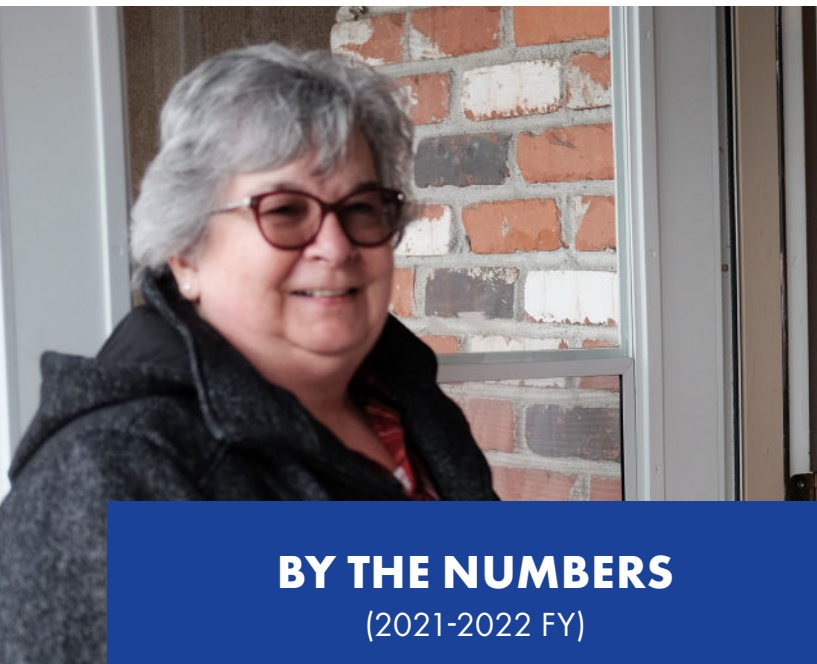
Over 750 community members came together to celebrate Lunar New Year with traditional music, dances, crafts, and dragon and lion dance performances.



center spotlight

March *for* Meals

The month of March is the Milwaukie Community Center's annual "March for Meals" fundraising campaign to support the Meals on Wheels program, which delivers nutritious meals annually to older adults and people with disabilities in North Clackamas. The demand for Meals on Wheels remains at an all-time high, and community support is essential to the program's success. Thank you to MCC Foundation for leading this fundraising effort!



BY THE NUMBERS

(2021-2022 FY)

512

Meals on Wheels recipients

74,431

Meals served

350

Nutrition Program Volunteers

17,680

Volunteer hours (snow, rain or shine!)



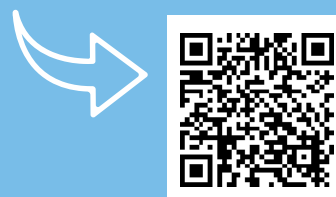
DID YOU KNOW?

The Milwaukie Community Center's Meals on Wheels program is the largest INDEPENDENT Meals on Wheels program in the state? We receive no funding from the Meals on Wheels People organization that only services Multnomah, Washington and Clark Counties. Although federal funding covers a portion of meal costs, more than half must be raised through donations, fundraisers and the generosity of community partners. Every dollar counts in our efforts to keep this program financially viable and contributions of any size are appreciated.

HERE'S HOW YOU CAN HELP

- **Donate in person at the front desk of the Milwaukie Community Center**
- **Write a check to MCCF – Meals on Wheels, and send it to:**
5440 S.E. Kellogg Creek Dr., Milwaukie, OR 97222
- **Donate online by scanning the QR code or at ncprd.com/march-for-meals**

SCAN TO DONATE



DOUBLE YOUR SUPPORT

Bob's Red Mill is generously matching donations up to \$10,000 through the end of April! Be sure to watch the thermometer in the Center lobby grow until we reach our goal of \$20,000!



MORE INFORMATION AT [NCPRD.COM/MEALS-ON-WHEELS](https://ncprd.com/meals-on-wheels) OR CALL (503) 794-8043

center programs

ART

	CLASS	DAY	TIME	DATES	FEE	FEE AGE 62+
	ACRYLICS	M	1:30-4PM	APR 3-JUN 5	\$113	\$85
	ACRYLICS	F	10AM-12:30PM	APR 7-JUN 2	\$113	\$85
	OIL PAINTING	TH	9:30-NOON	APR 6-JUN 8	\$125	\$94
	MAY DAY LEI DAY (AGES 13+)	SU	2-4PM	APRIL 16	\$10	\$7

DANCE

	CLASS	DAY	TIME	DATES	FEE	FEE AGE 62+
☾	AMERICAN TANGO WORKSHOP	M	6:30-7:30PM	APRIL 3	FREE	FREE
☾	AMERICAN TANGO	M	6:30-7:30PM	APR 10-JUN 12	\$45	\$34
	LINE DANCE BEGINNING II	T	12:45-1:45PM	APR 4-JUN 6	\$50	\$38
	LINE DANCE BEGINNING II	TH	12:45-1:45PM	APR 6-JUN 8	\$50	\$38
	LINE DANCE BEGINNING II	TH	2-3PM	APR 6-JUN 8	\$50	\$38

LANGUAGE & WRITING

	CLASS	DAY	TIME	DATES	FEE	FEE AGE 62+
	WRITING: CREATIVE/YOUR STORY*	W	1:30-3PM	APR 5-MAY 24	\$60	\$45

ACTIVITY GROUPS

	ACTIVITY	DAY	TIME	DATES	FEE NON	FEE RESIDENT
	BILLIARDS	M-F	8AM-4PM	DROP IN	\$2.00	\$1.00 ALL DAY
	DAYTIME BINGO	T/TH	1-2PM	DROP IN	\$0.50	\$0.25 PER CARD
☾	EVENING BINGO!	TH	6-9:30PM	DROP IN	→	\$4-6 PER PACKET**
	PARTY BRIDGE	TH	12:30-3:30PM	DROP IN	\$2.00	\$1.00 PER SESSION
	MT. DULCIMER JAM	F	NOON-2PM^	1ST & 3RD F	\$2.00	\$1.00 PER SESSION
	CHINESE MAH JONGG	M	12:30-3:30PM	DROP IN	\$2.00	\$1.00 PER SESSION
	MAH JONGG	W	12:30-3:30PM	DROP IN	\$2.00	\$1.00 PER SESSION
☾	UKULELE JAM	W	6-7:15PM^	1ST & 3RD W	\$2.00	\$1.00 PER SESSION
	UKULELE JAM	TH	9:30-11AM	DROP IN	\$2.00	\$1.00 PER SESSION
	WOODCARVING	W	8-11:30AM	DROP IN	\$2.00	\$1.00 PER SESSION

☾ NIGHT CLASSES

*ZOOM options available **Evening BINGO!: \$6 first packet; \$5 second packet; \$4 third packet

^Mt. Dulcimer and Ukulele Jam: Times subject to change. Please call (503) 794-8092

TO REGISTER FOR WORKSHOPS AND CLASSES, GO TO
NCPRD.COM OR CALL (503) 794-8092

FITNESS & HEALTH

LEVEL 1 NEED SUPPORT (CHAIR FITNESS) | **LEVEL 2** BEGINNER
LEVEL 3 ACTIVE NOW (INTERMEDIATE) | **LEVEL 4** ATHLETE (ADVANCED)

	CLASS	DAY	TIME	DATES	FEE	FEE AGE 62+	LEVEL
	BALANCE AND STRENGTH	TH	10:30-11:15AM	APR 6-JUN 8	\$38	\$29	L2
	COMPLETE CONDITIONING	TH	9:20-10:20AM	APR 6-JUN 8	\$50	\$38	L2-3
	FUNCTIONAL FITNESS*	T	11AM-NOON	APR 4-JUN 13	\$55	\$41	L2-3
	INNERGYSTICS*	TH	11:30AM-12:30PM	APR 6-JUN 15	\$45	\$34	L3-4
	LINE DANCE FOR FITNESS	M	9:30-10:30AM	APR 3-JUN 12	\$50	\$38	L3-4
	LINE DANCE FOR FITNESS	F	9:30-10:30AM	APR 7-JUN 9	\$50	\$38	L2-3
☾	LOW IMPACT AEROBIC STRENGTH TRAINING	TH	4-4:45PM	APR 6-JUN 15	\$41	\$31	L2-3
	SIT-N-B-FIT	M	11-11:45AM	APR 3-JUN 12	\$38	\$29	L1-2
	SIT-N-B-FIT	W	11-11:45AM	APR 5-JUN 14	\$41	\$31	L1-2
	SIT-N-B-FIT	F	11-11:45AM	APR 7-JUN 16	\$41	\$31	L1-2
	STRENGTH & RELAXATION YOGA*	M	2:45-3:45PM	APR 3-JUN 12	\$50	\$38	L2-3
	STRENGTH & RELAXATION YOGA	T	9:30-10:30AM	APR 4-JUN 13	\$55	\$41	L2-3
	STRENGTH & RELAXATION YOGA	W	9:30-10:30AM	APR 5-JUN 14	\$55	\$41	L2-3
☾	TAI CHI BEGINNING 1	M/W	4-5PM	APR 3-JUN 14	\$105	\$79	L2-3
☾	TAI CHI BEGINNING 1	T/TH	8:10-9:10AM	APR 4-JUN 15	\$110	\$83	L2-3
	TAI CHI BEGINNING 2	M/W	5:15-6:15PM	APR 3-JUN 14	\$105	\$79	L2-3
	WALKING WITH WAYNE	W	10AM @ N CLACK PARK	ONGOING	FREE	FREE	L3-4
	ZUMBA GOLD TONING*	M	NOON-1PM	APR 3-JUN 12	\$50	\$38	L2-3
	ZUMBA GOLD TONING*	W	NOON-1PM	APR 5-JUN 14	\$55	\$41	L2-3
☾	ZUMBA*	T	6:40-7:40PM	APR 4-JUN 13	\$55	\$41	L3-4
☾	ZUMBA*	TH	6:40-7:40PM	APR 6-JUN 15	\$55	\$41	L3-4

NEW! CONCORD SCHOOL PROPERTY

Select classes are now being offered at Concord School Property (3811 S.E. Concord Road, Oak Grove).

	CLASS	DAY	TIME	DATES	FEE	FEE AGE 62+	LEVEL
	DRAWING	W	10AM-NOON	APR 5-MAY 24	\$80	\$60	—
	EXERCENTRICS	M	12:15-1:15PM	APR 3-JUN 12	\$50	\$38	L3-4
☾	TAI CHI BEGINNING I	T/TH	5-6PM	APR 4-JUN 15	\$110	\$83	L3-4
	TAI CHI FOR BETTER HEALTH	S	9:30-10:30AM	APR 8-JUN 17	\$50	\$38	L2-3
	YOGAFLEX*	M	1:30-2:15PM	APR 3-JUN 12	\$38	\$29	L1-3

☾ NIGHT CLASSES *Zoom options available

Please do not plan to register first day of class.

center programs



KIDS CLASSES

	CLASS	DAY	TIME	DATES	FEE NON	FEE RESIDENT	AGES
	MOVEMENT AND ME	TH	9:15-10AM	APR 13-JUN 1	\$115 NR	\$90 NCPRD	2-5
	JOY OF MOVEMENT	TH	10:15-11AM	APR 13-JUN 1	\$115 NR	\$90 NCPRD	3-5
☾	TINY TOTS PRE-BALLET	W	4-4:30PM	APR 19-JUN 7	\$106 NR	\$85 NCPRD	3-4
☾	LITTLE DANCERS BALLET & JAZZ	W	4:40-5:25PM	APR 19-JUN 7	\$115 NR	\$90 NCPRD	5-6
☾	BEGINNER DANCERS BALLET & JAZZ	W	5:35-6:20PM	APR 19-JUN 7	\$115 NR	\$90 NCPRD	6-8
	PRESCHOOL SING-A-LONG (DROP IN)	T	10-10:30AM	APR 4-MAY 23	\$3.00	\$2.00 PER SESSION	1-5
	EARTH DAY KIDS CONTAINER GARDENING**	S	9-10:30AM	APRIL 22	\$10	\$7	4-6
	EARTH DAY KIDS CONTAINER GARDENING**	S	11AM-12:30PM	APRIL 22	\$10	\$7	7-10

☾ NIGHT CLASSES **Materials fee

Please do not plan to register first day of class.

SUMMER REGISTRATION

Mark your calendar! First day of registration for the summer term will be Tuesday, April 4 for NCPRD residents and Tuesday, April 11 for non-residents. Check ncprd.com for program descriptions and schedules.



TO REGISTER FOR WORKSHOPS AND CLASSES, GO TO
NCPRD.COM OR CALL (503) 794-8092

SPRING BREAK CAMPS



MAD SCIENCE: ROCKET LAB

Ages 7-11 (2nd-5th grade) Ready...3...2...1...Blast Off!
This camp is all about rockets, rockets and more rockets! Your child is in for an action-packed week focused entirely on building rockets and the physics of rocket flight. Campers will build and launch a rocket every day of the week while trying their hand at each role and learning the importance of teamwork.

LOCATION: MILWAUKIE COMMUNITY CENTER

FEE: NCPRD \$215, NON-RES \$269

DATE/TIME: MONDAY-FRIDAY,
3/27-3/31
1-4P.M.



MAD SCIENCE: IN THE GARDEN

Ages 4-7 (Age 4-Grade 1) A fun and hands-on introduction to basic environmental science. Your budding scientist will explore how living things grow and how they interact with the environment around them. Discover how, why and where things grow, how weather affects our gardens, and the basic science of seeds, all while exploring leaves, flowers and the creatures that live in our gardens.

LOCATION: MILWAUKIE COMMUNITY CENTER

FEE: NCPRD \$215, NON-RES \$269

DATE/TIME: MONDAY-FRIDAY, 3/27-3/31 9A.M.-NOON



center programs

NUTRITION PROGRAMS

PETE'S CAFÉ

Pete's Café provides a central place at the Milwaukie Community Center for friends and neighbors to gather and enjoy food crafted in-house from fresh ingredients. Offerings include specialty salads, homemade soups, made-to-order sandwiches, hamburgers, hot dogs, and warm and cold beverages.

M - F, 9 A.M. - 12:30 P.M.

TRILLIUM LUNCH

A hot, well-balanced lunch is served daily in the Trillium Room at Pete's Cafe. To see the full list of upcoming meals served each day, please visit ncprd.com/nutrition-program.

M-F, 11:30 A.M. - 12:30 P.M.

**\$3 SUGGESTED DONATION FOR AGES 60+,
\$5 FOR UNDER AGE 60**

MEALS ON WHEELS

The Milwaukie Community Center's Nutrition Program has provided Meals on Wheels to community members in north Clackamas County for the last 40 years. Over 75,000 meals are served each year to homebound older adults and people with disabilities. Nutritious meals are made fresh daily and delivered directly to homes by dedicated volunteers – rain or shine. To learn about qualifications and how to apply, call Social Services at (503) 653-8100.

HELP SUPPORT *Meals on Wheels*

**Bob's Red Mill is matching donations
during the month of March!**

LEARN MORE ON PAGES 6-7.



ONGOING CLINICS & GROUPS

APAC RESPITE PROGRAM

"A Place at the Center" (APAC), is a special activities program for people with memory loss due to Alzheimer's, stroke or related disorders. This valuable respite program allows the family caregiver to receive valuable "time out." After two years, APAC will be back in the library on Wednesdays. This means the library will be closed to the general public on Wednesday afternoons to host APAC; hours will change slightly over the next few months. For additional information, application, fees, and time, call Lisa at (503) 794-8038.

WEDNESDAYS

BLOOD PRESSURE CHECK

Drop in and get your blood pressure checked by volunteer nurses.

FREE

10 - 11:30 A.M. 2ND T

BRAIN GAMES

Join in to improve your memory skills while having some fun and meeting new people. The activities are designed for all abilities.

DROP IN ACTIVITY FEE: \$1

10:30 A.M. - NOON 2ND T

CAREGIVERS SUPPORT GROUP

This drop-in group is designed for individuals caring for a spouse, parent, friend or sibling. It provides participants an opportunity to share ideas and meet with others who are experiencing similar challenges. Occasional speakers. To schedule an appointment, please call (503) 653-8100.

FREE

1 - 2:30 P.M. 2ND AND 4TH WEDNESDAY

FOOT CARE

This service is offered by registered nurses who specialize in foot care. The service includes a foot care exam, toenail and callus trim, and lotion rub. To schedule an appointment, call (503) 794-8035 and leave your name and phone number for a return call.

\$45

8:30 A.M. - 3 P.M. EVERY TUESDAY



COMMUNITY GARDENS

Milwaukie Center, in partnership with the Clackamas County Master Gardeners, has an amazing community garden with 17 raised beds available for rent from April 3- Oct 31. Gardening enthusiasts can register starting Monday, April 3 to rent plots. Cost is \$20 for a raised bed. Those who rented plots last year and are in good standing have first option for their plot from last year. Priority then goes to older adults (55+) and people with disabilities in the North Clackamas Parks and Recreation district. If plots are still available they can be rented to those under 55 beginning May 8. Proceeds help pay for maintenance and costs of caring for the garden. Due to high demand for the garden plots, individuals can only request one plot at this time. Applications are available at the front desk; please return on or after April 3 to Jamie Davie. Questions? Call Jamie at (503) 794-8040.

DIABETES SUPPORT GROUP

The Milwaukie Community Center, in partnership with Northwest Primary Care, is excited to announce that we are starting a new in-person diabetes support group. The new group will be facilitated by a registered nurse/diabetes educator, and held bi-monthly on the 3rd Friday of every other month, from 2-3:30 p.m., beginning in March 2023! Join us for our first meeting on Friday, March 17th at 2 p.m.

FREE

3RD FRIDAYS EVERY OTHER MONTH:

3/17, 5/19, 7/21, 9/15, 11/17

2 - 3:30 P.M.

center programs

HEALTHY LIVING SEMINARS

The Milwaukie Community Center offers Healthy Living Seminars focusing on a variety of education and health topics presented by local professionals. Pre-registration for these seminars is required. Please leave your name and phone number with the front desk unless noted otherwise.

VIEWS CONVERSATIONS ON AGING

Conversations on Aging is a peer facilitator program that provides seniors with free opportunities to talk about specific topics around the challenges of aging in a welcoming and confidential atmosphere. Conversations are held on the first Friday of each month from 10-11:30 a.m. and vary by topic. Please call (503) 653-8100 to reserve your space.

FREE

1ST FRIDAYS OF EVERY MONTH

10 - 11:30 A.M.

Talking With Your Doctor (Friday, Mar. 3)

In a good doctor/patient relationship, you will feel you are part of a team. Join us for a conversation about the frustrations of dealing with doctors and share ideas on how to have a more satisfying relationship with them.

FREE

10 - 11:30 A.M. F 3/3

Forgetfulness (Friday, Apr. 7)

Do you find that more and more, you are spending a lot of time looking for your glasses or keys? While these situations may be concerning, they may just be a normal part of aging. Come join us in a discussion about your experiences with and concerns about forgetfulness.

FREE

10 - 11:30 A.M. F 4/7

End-of-Life Decisions (Friday, May 5)

We live in a culture where, for many, considering end-of-life realities can be an overwhelming challenge. This Conversations on Aging program does not provide legal advice but does offer a safe environment to explore and share feelings, fears, and thoughts that surround making plans and asking questions about end-of-life decisions.

FREE

10 - 11:30 A.M. F 5/5



TO REGISTER FOR CLINICS, GROUPS AND SEMINARS
CALL (503) 653-8100

SELF CARE FOR SITTERS AND DRIVERS

A free hands-on workshop of gentle, natural tips and tricks to regain our power over posture. In this friendly, practical class, you will learn how to reverse the effects of prolonged sitting through simple, natural movements. You will learn things like a quick and easy “sitters antidote stretch” that you can do anywhere. You will learn how raising your hands is the easiest fix for the slouch, active sitting, the postural value of the simple Mona Lisa smile, as well as self-massage tips and tricks. This class is taught by Jim Freda LMT, a local massage therapist with a research focus on the global sitting disease epidemic. Call (503) 653-8100 to reserve your space.

FREE

1 - 2 P.M. W 4/5

LIVE WELL, AGE WELL WORKSHOP

Living with a chronic condition or caring for someone with a chronic condition? Don't miss out on this free six-week workshop series that will take you on a wellness journey and provide you with opportunities to improve your health and outlook on life. This small group workshop is fun and interactive, with 8-12 adults. Volunteer facilitators will share tools and techniques to help you take charge, feel better and live a fulfilling life. Live Well, Age Well is an evidence-based program designed by Stanford University and sponsored by Clackamas County Social Services and AmeriCorps Seniors volunteers. Register online at: www.compasshp.org/workshops/registration/16112. Have questions? Call (503) 650-5796 or email us at: livingwell@clackamas.us.

FREE

2 - 4:30 P.M. TH 4/13-5/18

MANAGING MONEY: A CAREGIVER'S GUIDE TO FINANCES

If you or someone you know is facing Alzheimer's disease, dementia or another chronic illness, it is never too early to put financial plans in place. This free Alzheimer's Association education program will feature tips for managing someone else's finances, how to prepare for future care costs and the benefits of early planning. Call (503) 653-8100 to reserve your space.

FREE

12:30 - 2:30 P.M. W 4/19

LONG-TERM CARE PRESENTATION

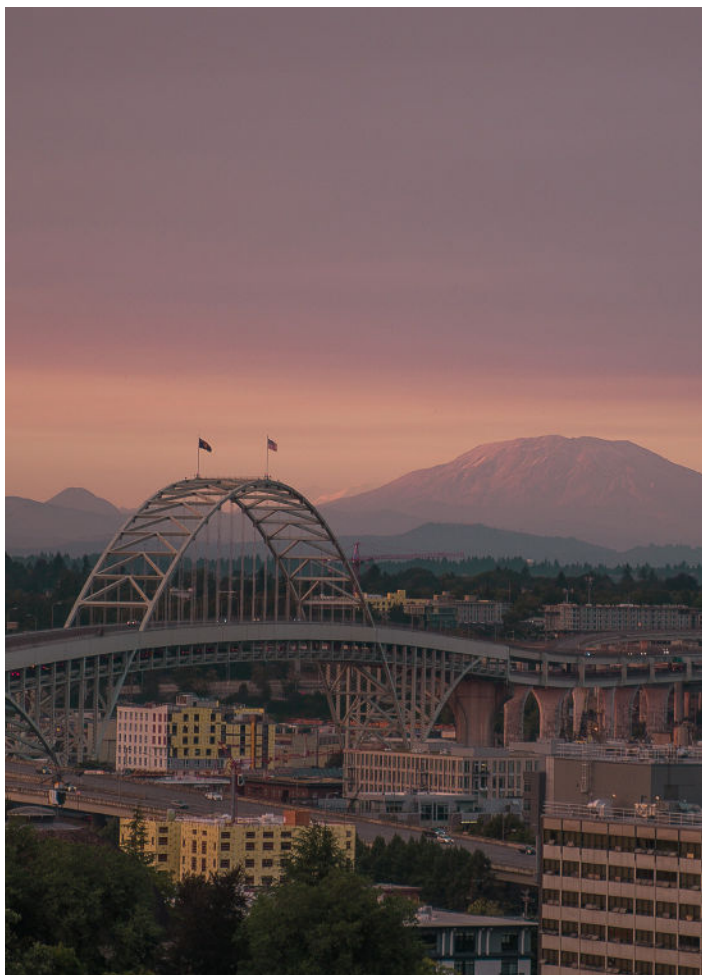
Worried about long-term care? Join Oregon attorney Michael Rose, with Rose Elder Law, for a seminar on how to pay for long-term care using private funds, qualifying for Medicaid, and Veterans benefits. Space is limited. Call (503) 653-8100 to reserve your space.

FREE

12:30 - 2 P.M. W 5/3



travel trips



Travel Trips are back!

- Enjoy the scenery, make new friends and relax while adventuring to exciting destinations.
- All trips leave from and return to the Milwaukie Community Center.
- Standing and walking are required on most trips. Wear comfortable shoes and dress appropriately.
- Reserve your seat – some of our most popular trips fill quickly!
- Trip registrations are accepted and confirmed Monday through Friday, 9 a.m.-1 p.m. at the Travel Desk or by calling (503) 794-8026. Phone registrations are confirmed by seating availability and payment made in full with our Travel Desk agents.
- All registrants are required to complete a registration form prior to trip departure.

RISTORANTE DI POMPELLO

Ristorante Di Pompello is owned and operated by Saul and Ruby. Ruby makes all the sauces fresh, from scratch, every day. Come join us and experience the delightful Italian food at the Ristorante in downtown Troutdale. Bring money for lunch.

FEE: RESIDENT, \$15; NON-RESIDENT, \$20
TIME/DATE: 11:30 A.M.-3 P.M. W 3/15





WOODEN SHOE TULIP FESTIVAL

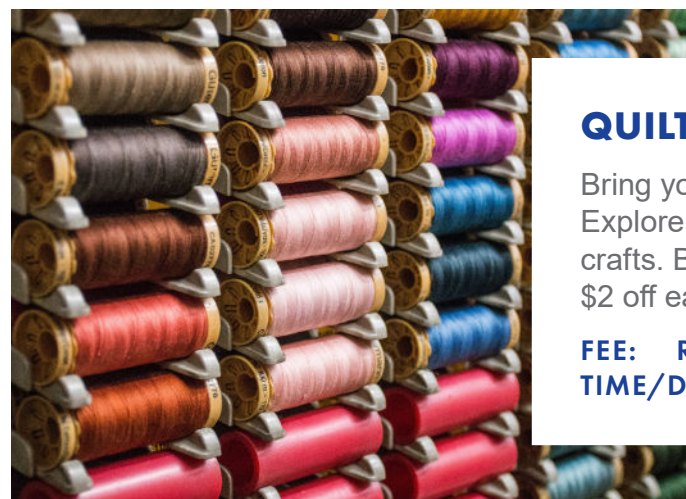
Spend your day wandering and enjoying 40 acres of tulips. In addition to the stunning beauty of the tulips, you can enjoy views of vineyards and distant mountains. Fresh flowers, food, and fun are available! Bring \$10 for admission along with money for food and other purchases.

FEE: RESIDENT, \$22; NON-RESIDENT, \$28
TIME/DATE: 11:30 A.M.-3:30 P.M. W 3/29

OTTO AND ANITA'S BAVARIAN RESTAURANT

Chef Otto and his wife, Pastry Chef Anita, are excited to share their Bavarian cuisine with you. They are cooking and baking from the heart as they prepare everything themselves in their kitchen. And of course, there is the Dill Pickle Soup. Bring money for lunch.

FEE: RESIDENT, \$11; NON-RESIDENT, \$13
TIME/DATE: 11:30 A.M.-2:30 P.M. TH 4/13



QUILT, CRAFT & SEWING FESTIVAL

Bring your friends for a great time at the Portland Expo Center. Explore a variety of booths for sewing, quilting, needle art and crafts. Bring \$10 for admission; MCC will provide coupons for \$2 off each participant. Don't forget money for purchases.

FEE: RESIDENT, \$18; NON-RESIDENT, \$23
TIME/DATE: 11 A.M.-3 P.M. TH 4/20

featured events



HOUSING & SENIOR SERVICES FAIR

Come explore independent and assisted living communities, in-home care and many other resources for quality of life enhancement. Having a large variety of vendors in one place makes it easy and convenient to ask questions, get information, and make appointments to tour your favorite locations.

LOCATION: MILWAUKIE COMMUNITY CENTER

FEE: FREE

DATE/TIME: THURSDAY, MARCH 9
10 A.M.-NOON



VACCINATION CLINIC

Clackamas County Public Health Division will be providing vaccinations which includes Covid-19, flu and mpox (while vaccine supplies last). CCPHD will also have an educational table at the resource fair with information about the public health services available to county residents.

LOCATION: MILWAUKIE COMMUNITY CENTER

FEE: FREE

DATE/TIME: THURSDAY, MARCH 9
10 A.M.-NOON



WORLD LAUGHTER DAY

Join NCPRD for a unique celebration of laughter, healthy living, and world peace! World Laughter Day has been celebrated globally on the first Sunday in May since 1998. Laughter Yoga, also known as Hasya Yoga, is a completely unique way to exercise the body and mind using belly laughter. Learn how to engage in deep breathing and laughter exercises, without using jokes or humor. Bring your family and friends, and discover the many healing benefits of Laughter Yoga. This event is perfect for all ages and physical ability levels.

LOCATION: NORTH CLACKAMAS PARK

FEE: FREE

DATE/TIME: SUNDAY, MAY 7
11 A.M.-NOON



AFTERNOON PERFORMANCE WITH THE ANDERSON-SASAKI DUO

Enjoy live classical music with a free interactive performance by the Anderson-Sasaki Duo. Sharing a passion for chamber music and a strong belief that everyone in any community should have the opportunity to find a personal connection with music, Portland-native violinist Rebecca Anderson and pianist Mika Sasaki have joined forces to create community residencies and imaginative programs that can forge lasting and meaningful connections with audiences. Presented by Chamber Music Northwest; learn more at cmnw.org/outreach

LOCATION: MILWAUKIE COMMUNITY CENTER

FEE: FREE

DATE/TIME: WEDNESDAY, MAY 17
1-2 P.M.

featured events

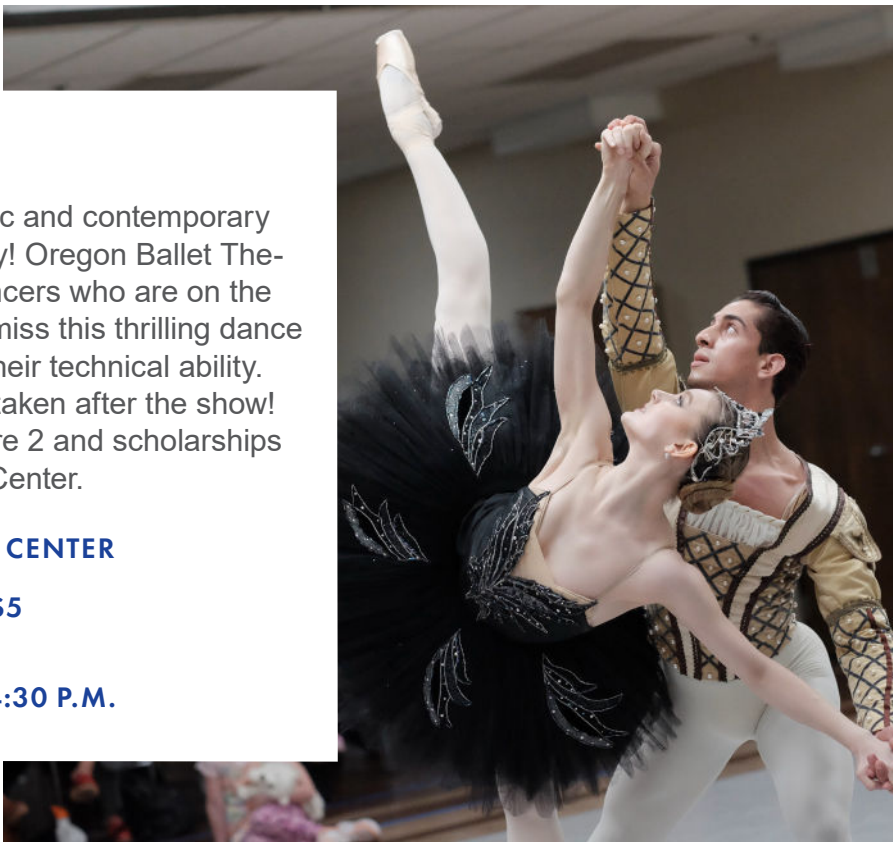
OREGON BALLET THEATRE 2

Join us for this special afternoon of classic and contemporary dance with something for the whole family! Oregon Ballet Theatre's junior ensemble OBT2 features dancers who are on the cusp of their professional careers. Don't miss this thrilling dance performance highlighting the breadth of their technical ability. Meet the ballerinas and have your photo taken after the show! All proceeds benefit Oregon Ballet Theatre 2 and scholarships for classes at the Milwaukie Community Center.

LOCATION: MILWAUKIE COMMUNITY CENTER

FEE: SUGGESTED DONATION \$5

DATE/TIME: SATURDAY, JUNE 3
5 P.M., DOORS OPEN AT 4:30 P.M.



CENTER MEET AND GREET TOUR

Are you thinking about making a commitment to meet others and socialize more this spring? Call and set up a time to have a personal tour of the Center and share what your interests are and we can help steer you in the right direction, whether it be signing up for a class, going on a day trip with others, getting a ride to the grocery store, or becoming one of our many beloved volunteers. Call Linda Whitmore at (503) 794-8037 to set up your personal tour.

LOCATION: MILWAUKIE COMMUNITY CENTER

FEE: FREE

DATE/TIME: CALL TO SET UP YOUR PERSONAL TOUR

healthy tips



ALISON DELANCEY

Owner of Science + Spirit Nutrition, LLC
#science.spirit.nutrition

Are you getting your five servings of fruits and veggies every day?

It feels especially hard at the end of winter when we're waiting for the spring crops to come in. A crop that grows year-round in the PNW and is super delicious in March is . . . carrots! Winter carrots taste much sweeter than summer carrots because they convert their starch into sugar to protect themselves from freezing. Some folks call winter carrots 'candy carrots'.

Another fun fact about this vegetable is that carrots were originally white! Story has it that Dutch farmers cultivated the carrot's bright color in the mid-1600s to show support for the Dutch Revolutionary Prince Phillip, of the House of Orange.

Here is an easy recipe for Roasted Carrots. Roasting them adds savory flavor that contrasts deliciously with a carrot's natural sweetness. Enjoy!

Alison Delancey

Owner of Science + Spirit Nutrition, LLC

ROASTED CARROTS (3 servings)

- 5-6 medium carrots
- Sea salt to taste
- 1 tbsp extra virgin olive oil
- Freshly ground black pepper

Preheat oven to 400 degrees. Wash carrots well. If small, leave whole. If thick, cut in half lengthwise. Make all the pieces the same size for even cooking. Toss carrots in a bowl with sea salt and olive oil. Put in single layer on a cookie sheet. Roast for 20 minutes, shaking them up a couple times towards the end. Remove when tender and somewhat browned. Add freshly ground black pepper and serve.

Other options: Toss with cumin, garlic, or ginger before roasting. Serve with butter and a drizzle of maple syrup.

volunteer

Become a volunteer! The Milwaukie Community Center offers different opportunities for you to share your skills and give back to the community. We want to make sure you find the position that fulfills your desire to make a difference in the lives of others, and we will work with you to find the best fit for your skills and interests. Call the Volunteer Coordinator at (503) 794-8034 or sign up at <https://ncprd.com/milwaukie-center/volunteer>.

CURRENT VOLUNTEER OPPORTUNITIES

- Artisan Gifts
- Bingo
- Board members
- Bottle and can recycling
- Bus washing
- Curb painter
- Event support
- Firewood delivery
- Foot Care Clinic Admin/Scheduler
- Front Desk
- Gardening
- Grocery shopping
- Janitorial assistance
- Maintenance assistance
- Meals on Wheels drivers
- Noon Entertainment
- Wood splitting



INTERESTED IN VOLUNTEERING WITH THE MILWAUKIE COMMUNITY CENTER?

CONTACT OUR VOLUNTEER COORDINATOR AT
SCatherman@ncprd.com or at (503) 794-8034

VOLUNTEER OPPORTUNITY: MEALS ON WHEELS DRIVER

Drivers are needed for the Meals on Wheels program. Make a positive difference in the lives of others. Deliveries are Monday-Friday, and approximately a 1.5-hour commitment once a week.



2023 VOLUNTEER APPRECIATION BRUNCH

Milwaukie Community Center volunteers are the best! To show our appreciation, volunteers are invited to join us for brunch on April 15 at 10 a.m. in the Milwaukie Community Center dining room. There will be door prizes, raffles and the Volunteer of the Year will be announced. Each volunteer may bring one guest. Please RSVP to Stan at scatherman@ncprd.com letting him know if you're coming and if you're bringing a guest.

OTHER ON-SITE SERVICES

To learn about the following on-site services at the Milwaukie Community Center, call (503) 653-8100.

- BATTERY AND CAN RECYCLING
- COMMUNITY LIBRARY
- COMMUNITY RESOURCE INFORMATION
- COMPUTER WORKSTATIONS AND WI-FI ACCESS
- EMERGENCY FIREWOOD
- EXERCISE OPPORTUNITIES
- FAMILY CONSULTATION
- HOME REPAIR RESOURCES
- INSURANCE RESOURCES AND INFORMATION
- MEDICAL EQUIPMENT LOAN
- NEEDS ASSESSMENTS
- RESOURCE LIBRARY
- VOTER REGISTRATION
- TAX AIDE

march

MONDAY

TUESDAY

WEDNESDAY

		1 8-11:30 a.m. – Woodcarving APAC Respite Program (call for time) 12:30-3:30 p.m. – Mah Jongg 6-7:15 p.m. – Ukulele Jam
6 12:30-3:30 p.m. – Chinese Mah Jongg	7 8:30 a.m.-3 p.m. – Foot Care 10-10:30 a.m. – Preschool Sing-A-Long 10:30 a.m.-noon – Brain Games 10:30 a.m.-noon – Blood Pressure Check 1-2 p.m. – Daytime Bingo	8 8-11:30 a.m. – Woodcarving APAC Respite Program (call for time) 12:30-3:30 p.m. – Mah Jongg 1-2:30 p.m. – Caregiver's Support Group
13 12:30-3:30 p.m. – Chinese Mah Jongg	14 8:30 a.m.-3 p.m. – Foot Care 10-10:30 a.m. – Preschool Sing-A-Long 1-2 p.m. – Daytime Bingo	15 8-11:30 a.m. – Woodcarving APAC Respite Program (call for time) 12:30-3:30 p.m. – Mah Jongg 6-7:15 p.m. – Ukulele Jam 11:30 a.m.-3 p.m. – Ristorante Di Pompello
20 12:30-3:30 p.m. – Chinese Mah Jongg	21 8:30 a.m.-3 p.m. – Foot Care 10-10:30 a.m. – Preschool Sing-A-Long 1-2 p.m. – Daytime Bingo	22 8-11:30 a.m. – Woodcarving APAC Respite Program (call for time) 12:30-3:30 p.m. – Mah Jongg 1-2:30 p.m. – Caregiver's Support Group
27 12:30-3:30 p.m. – Chinese Mah Jongg	28 8:30 a.m.-3 p.m. – Foot Care 10-10:30 a.m. – Preschool Sing-A-Long 1-2 p.m. – Daytime Bingo	29 8-11:30 a.m. – Woodcarving APAC Respite Program (call for time) 11:30 a.m.-3:30 p.m. – Wooden Shoe Tulip Festival 12:30-3:30 p.m. – Mah Jongg

ONGOING DAILY OFFERINGS

TRILLIUM LUNCH

Noon - 12:30 p.m.

BILLIARDS

8 a.m. - 4 p.m.

PETE'S CAFE

9 a.m. - 1 p.m.

ARTISAN GIFTS

M, T, W, F: 10 a.m. - 3 p.m.
Th: 10 a.m. - 6 p.m.

MILWAUKIE COMMUNITY CENTER EVENTS & OFFERINGS

THURSDAY

FRIDAY

<p>2</p> <p>9:30-11 a.m. – Ukulele Jam 12:30-3:30 p.m. – Party Bridge 1-2 p.m. – Daytime Bingo 6-9:30 p.m. – Evening <i>BINGO!</i></p>	<p>3</p> <p>10-11:30 a.m. – Talking with your Doctor Noon-2 p.m. – Mt. Dulcimer Jam</p>
<p>9</p> <p>9:30-11 a.m. – Ukulele Jam 10 a.m.-noon – Vaccination Clinic 10 a.m.-noon – Annual Housing & Senior Services Fair 12:30-3:30 p.m. – Party Bridge 1-2 p.m. – Daytime Bingo 6-9:30 p.m. – Evening <i>BINGO!</i></p>	<p>10</p>
<p>16</p> <p>9:30-11 a.m. – Ukulele Jam 12:30-3:30 p.m. – Party Bridge 1-2 p.m. – Daytime Bingo 6-9:30 p.m. – Evening <i>BINGO!</i></p>	<p>17</p> <p>Noon-2 p.m. – Mt. Dulcimer Jan 2-3:30 p.m. – Diabetes Support Group</p> <div data-bbox="586 1136 964 1226"> <p>Sat. Mar. 18, 10:45 a.m-noon Mindful Way to Better</p> </div>
<p>23</p> <p>9:30-11 a.m. – Ukulele Jam 12:30-3:30 p.m. – Party Bridge 1-2 p.m. – Daytime Bingo 6-9:30 p.m. – Evening <i>BINGO!</i></p>	<p>24</p>
<p>30</p> <p>9:30-11 a.m. – Ukulele Jam 12:30-3:30 p.m. – Party Bridge 1-2 p.m. – Daytime Bingo 6-9:30 p.m. – Evening <i>BINGO!</i></p>	<p>31</p>

HOUSING & SENIOR SERVICES FAIR



Come explore independent and assisted living communities, in-home care and many other resources for quality of life enhancement.

FREE

THURS., MARCH 9

10 A.M.-NOON

Get vaccinated at the clinic happening at the same time as the fair!

SCHEDULES AND PROGRAMS ARE SUBJECT TO CHANGE WITHOUT NOTICE.

CONTACT US FOR THE LATEST UPDATES.

(503) 653-8100

april

MONDAY

TUESDAY

WEDNESDAY

3 12:30-3:30 p.m. – Chinese Mah Jongg 6:30-7:30 p.m. – American Tango Workshop	4 8:30 a.m.-3 p.m. – Foot Care 10-10:30 a.m. – Preschool Sing-A-Long 1-2 p.m. – Daytime Bingo	5 8-11:30 a.m. – Woodcarving APAC Respite Program (call for time) 12:30-3:30 p.m. – Mah Jongg 1-2 p.m. – Self Care for Sitters and Drivers 6-7:15 p.m. – Ukulele Jam
10 12:30-3:30 p.m. – Chinese Mah Jongg	11 8:30 a.m.-3 p.m. – Foot Care 10-10:30 a.m. – Preschool Sing-A-Long 10:30 a.m.-noon – Brain Games 10:30 a.m.-noon – Blood Pressure Check 1-2 p.m. – Daytime Bingo	12 8-11:30 a.m. – Woodcarving APAC Respite Program (call for time) 12:30-3:30 p.m. – Mah Jongg 1-2:30 p.m. – Caregivers Support Group
17 12:30-3:30 p.m. – Chinese Mah Jongg	18 8:30 a.m.-3 p.m. – Foot Care 10-10:30 a.m. – Preschool Sing-A-Long 1-2 p.m. – Daytime Bingo	19 8-11:30 a.m. – Woodcarving 12:30-3:30 p.m. – Mah Jongg APAC Respite Program (call for time) 12:30-2:30 p.m. – Managing Money 6-7:15 p.m. – Ukulele Jam
24 12:30-3:30 p.m. – Chinese Mah Jongg	25 8:30 a.m.-3 p.m. – Foot Care 10-10:30 a.m. – Preschool Sing-A-Long 1-2 p.m. – Daytime Bingo	26 8-11:30 a.m. – Woodcarving APAC Respite Program (call for time) 12:30-3:30 p.m. – Mah Jongg 1-2:30 p.m. – Caregivers Support Group

ONGOING DAILY OFFERINGS

TRILLIUM LUNCH

Noon - 12:30 p.m.

BILLIARDS

8 a.m. - 4 p.m.

PETE'S CAFE

9 a.m. - 1 p.m.

ARTISAN GIFTS

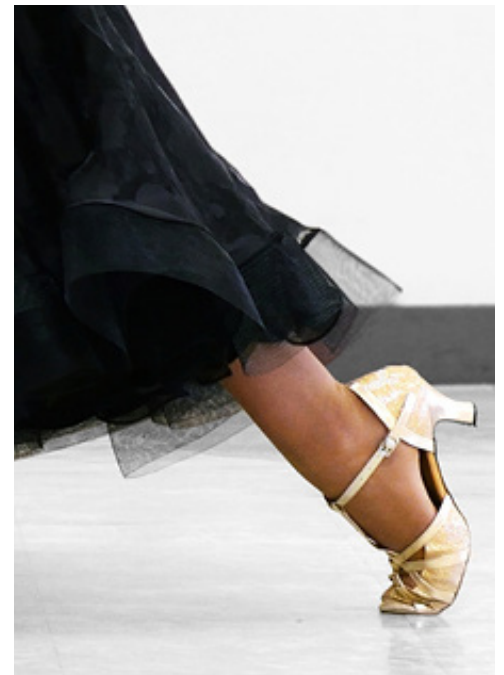
M, T, W, F: 10 a.m. - 3 p.m.
Th: 10 a.m. - 6 p.m.

MILWAUKIE COMMUNITY CENTER EVENTS & OFFERINGS

THURSDAY

FRIDAY

<p>6</p> <p>9:30-11 a.m. – Ukulele Jam 12:30-3:30 p.m. – Party Bridge 1-2 p.m. – Daytime Bingo 6-9:30 p.m. – Evening <i>BINGO!</i></p>	<p>7</p> <p>10-11:30 a.m. – Forgetfulness Noon-2 p.m. – Mt. Dulcimer Jam</p>
<p>13</p> <p>9:30-11 a.m. – Ukulele Jam 11:30 a.m.-2:30 p.m. – Otto & Anita's Bavarian Restaurant 12:30-3:30 p.m. – Party Bridge 1-2 p.m. – Daytime Bingo 2-4:30 p.m. – Live Well, Age Well Workshop 6-9:30 p.m. – Evening <i>BINGO!</i></p>	<p>14</p> <div data-bbox="532 810 974 940"> <p>Sat. Apr. 15, 10 a.m. EVENT: Volunteer Appreciation Brunch</p> </div>
<p>20</p> <p>9:30-11 a.m. – Ukulele Jam 11 a.m.-3 p.m. – Quilt, Craft & Sewing Festival 12:30-3:30 p.m. – Party Bridge 1-2 p.m. – Daytime Bingo 6-9:30 p.m. – Evening <i>BINGO!</i></p>	<p>21</p> <p>Noon-2 p.m. – Mt. Dulcimer Jam</p> <div data-bbox="532 1087 974 1218"> <p>Sat. Apr. 22, 9 a.m & 11 a.m. EVENT: Earth Day Kids Container Gardening</p> </div>
<p>27</p> <p>9:30-11 a.m. – Ukulele Jam 12:30-3:30 p.m. – Party Bridge 1-2 p.m. – Daytime Bingo 6-9:30 p.m. – Evening <i>BINGO!</i></p>	<p>28</p>



AMERICAN TANGO WORKSHOP

FREE
MON., APRIL 3
6:30-7:30 P.M.

See page 8.

SCHEDULES AND PROGRAMS ARE SUBJECT TO CHANGE WITHOUT NOTICE.
CONTACT US FOR THE LATEST UPDATES.

(503) 653-8100

MILWAUKIE COMMUNITY CENTER

5440 SE KELLOGG CREEK DRIVE

MILWAUKIE, OREGON 97222

PHONE: (503) 653-8100

NCPRD.COM/MILWAUKIE-CENTER



Stop by the newly renovated Artisan Gifts to browse a beautiful selection of handcrafted gifts, including jewelry, home goods, children's toys and more.

With every purchase, you are supporting the essential programs and services at the Milwaukie Community Center and providing meaningful income opportunities for artisans and their families.

MON., TUES., WED., FRI. 10 A.M.-3 P.M. • THUR., 10 A.M.-6 P.M.



Artisan Gifts

UNIQUE • HANDMADE • LOCAL
MILWAUKIE COMMUNITY CENTER FOUNDATION